

# Ability 1st Utah

## A Voice of Our Own

### MAY-JUNE 2021

## COVID-19 News & Updates:

Since March 24th, 2021 everyone 16+ has been able to receive the COVID-19 vaccine. If you need to schedule your appointment, please visit the following websites, or call the numbers below:

- <https://health.utahcounty.gov/covid-19-vaccine/>
- <https://coronavirus.utah.gov/vaccine-distribution>

Utah Department of Health: 1-800-456-7707

Central Utah Public Health Department 435-623-0696 (Juab County)  
435-462-2449 or 435-835-2231 (Sanpete County)

Wasatch County Health Department : 435-657-3276

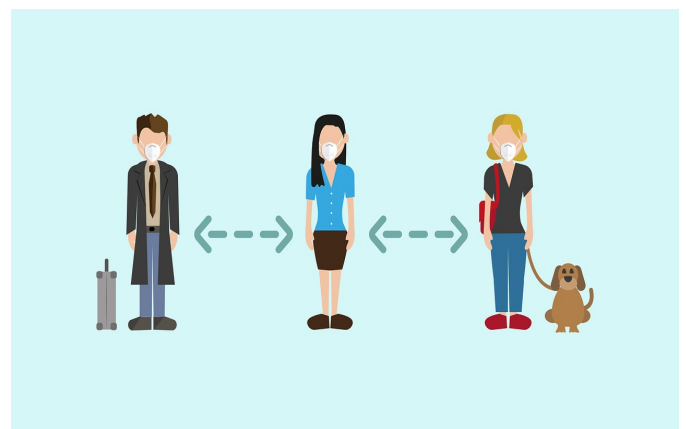
Ability 1st Utah can provide transportation to and from vaccine appointments. Please call us at 801-373-5044 if you need any help with scheduling and pick-up for your appointment.

## What has not changed?

**If fully vaccinated:**

- Keep taking the steps of wearing a mask
  - Stay at least 6 feet apart
- Avoid crowds and poorly ventilated spaces

Take these precaution when you are in public, Gather with unvaccinated people from another household, or Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk.



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# RUN WALK ROLL



## FUNDRAISER RACE

*Our 18th Annual  
Run, Walk, or Roll will be on  
**September 25, 2021***

Pre-registration will be available soon at <https://ability1stutah.org!>

If you have any questions please call Cinthia Valenciano at:

(801)- 373-5044 or email [Cinthia@ability1stutah.org](mailto:Cinthia@ability1stutah.org)

## CAMPING TRIP

**WHEN:** August 17th-19th

**RSVP:** Starting August 1st

This year's camping trip will be in Huntsville, UT at Perception Campground. We'll be going with consumers from the Ephraim office and the Salt Lake IL center.



It's an overnight event! Bring everything you need for both nights (extra clothes, medication, hygiene supplies). There are no electrical outlets, so if you are in a power chair, you will need to be able to use a manual wheelchair to attend.

## How are we doing?



At Ability 1st Utah we are committed to providing quality services to our consumers. We invite you to fill out a brief Consumer Satisfaction Survey to give us your opinion on how we are doing. Your opinion is very important to us. To complete this survey please visit our website at [www. ability1stutah.org](http://www.ability1stutah.org). We appreciate your feedback!

# El Rinconcito

Para el 24 de marzo de 2021, todas las personas mayores de 16 años podrán recibir la vacuna de COVID-19. Si necesita reservar su cita, visite los siguientes sitios web o llame a los siguientes números:

- <https://health.utahcounty.gov/covid-19-vaccine/>
- <https://coronavirus.utah.gov/vaccine-distribution>

**Utah Department of Health: 1-800-456-7707**

¿preguntas? llama a este número UCHD Covid-19:

## IMPORTANTE!

Estaremos cerrados:

Mayo 27 para Día de



## MAYO

**5:** Presentación sobre preparación para emergencias de la Cruz Roja: 12:30 PM

**6:** Boliche en BYU, encuentro con BYU: 1:00 PM

**10:** Viaje de compras al supermercado -9:00 AM límite de 8, Podemos recogerlo en su casa

**12:** Ensamblar kits de 72 horas: 12:30 AM- Todos los materiales serán traíproporcionados, reunirse en el centro.

**13:** Actividad Tie-Dye: 12:30 PM- traigan su propia camisa blanca, reúnanse en el centro

**18:** Clase de jardinería 12:30 PM - Todos los materiales serán proporcionados, reunirse en el centro

**19:** Clase de cocina – Todos los ingredientes serán proporcionados, reunirse en el centro.

**20:** Clase de computación básica, reunión en el centro: 12:30 PM

**24.** Viaje de compras al supermercado -9:00 AM límite de 8, recogida en casa

**26:** Día de juego en el centro, trae tu juego favorito! 12:30 PM

**27:** Encuentro en la biblioteca de Provo:12:30 PM

## JUNIO

**1:** Inicio del programa de verano, comida y juegos en Lion's Park

**2:** Invitado sobre autoempoderamiento

**3:** Viaje de compras a Deseret Industries Thrift Store

**8:** Viaje al el zoológico

**9:** Reunión en el centro a las 9, para tomar el corredor principal a Ogden Union Station

**10:** Viaje de compras a Deseret Industries Thrift Store

**14:** Viaje de compras al supermercado

**15:** Limpieza del parque en Lion's Park (950 W 1280 N St, Provo, UT )

**16:** Clase de cocina – Todos los ingredientes serán proporcionados, reunirse en el centro

**17:** Entrenamiento de UTA en el centro en preparación para el viaje a I-Fly

**22:** Viaje a I-fly en el el corredor principal encuentro en el centro a las 8:30


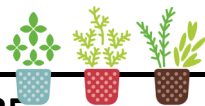

**23: Cascade mini-golf: Reúnanse en Orem a las 12:30 o regístrese para el transporte**

**24:** clase de costura- – Todos los materiales serán proporcionados, reunirse en el centro

**28-30:** Reunión en el centro para currículum/ habilidades laborales y presentadores de diferentes organizaciones 12:30 PM- 2 PM

(Class Times  
May Change)

# May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Call office to sign up for classes	4	<b>5</b> Emergency Preparedness 12:30	<b>6</b> Bowling @ BYU 1:00	<b>7</b>
<b>10</b> Call office to sign up for classes Grocery shopping 9:00	<b>11</b>	<b>12</b> Advocates First: Assemble 72 hour kits 12:30	<b>13</b> Tie-Dye Activity 12:30 	<b>14</b>
<b>17</b> Call office to sign up for classes	<b>18</b> Gardening Class 12:30 	<b>19</b> Cooking Class 12:00	<b>20</b> Computer Basics 12:30	<b>21</b>
<b>24</b> Call office to sign up for classes Shopping 9:00	<b>25</b>	<b>26</b> Game Day 12:30	<b>27</b> UVX trip to Krispy Kreme 12:30	<b>28</b>
<b>31</b> <b>Memorial Day:</b> <b>Closed</b> 				

**5:** Emergency Preparedness speaker from the Red Cross

**6:** Bowling at BYU, meet at BYU at 1:00

**10:** Grocery shopping, limit 8, pick up from home

**12:** All materials provided, meet at center

**13:** Bring your own white shirt, meet at the center

**18:** All supplies provided, meet at center

**19:** All ingredients provided, meet at center

**20:** Computer Basics Class, meet at center




**24:** Grocery shopping, limit 8, pick up from home

**26:** Game day at center, bring your favorite game!

**27:** Meet at Provo Library at 12:30

# JUNE 2021

(Class Times  
May Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Summer Program Kick-off (Lion's Park)</b>	<b>2 Advocates First: Self-Empowerment</b> 12:30	<b>3 Deseret Industries Thrift Store trip</b>	<b>4</b>
<b>7 Call office to sign up for classes</b>	<b>8 Zoo Trip</b> 	<b>9 Front Runner to Train Museum</b>	<b>10 Deseret Industries Thrift Store trip</b>	<b>11</b>
<b>14 Call office to sign up for classes</b> Grocery shopping	<b>15 Park Clean-up</b>	<b>16 Cooking Class</b> 12:30 	<b>17 UTA Training @ center</b>	<b>18</b>
<b>21 Call office to sign up for classes</b>	<b>22 I-Fly Ogden Trip</b>	<b>23 Cascade mini-golf</b> 12:30	<b>24 Sewing Class</b> 12:30 	<b>25</b>
<b>28. Job hacks</b> 12:30-2 PM	<b>29 Job hacks</b> 12:30-2 PM	<b>30 Job hacks</b> 12:30-2 PM		

**1:** Summer program kick-off, food and games at Lion's Park

**2:** Guest Speaker about self-empowerment

**3:** Trip to Deseret Industries Thrift Store

**8:** Zoo trip

**9:** Meet at center at 9, take front runner to Ogden Union Station

**10:** Trip to Deseret Industries Thrift Store

**14:** Grocery shopping, limit 8, pick up from home

**15:** Park Clean up at Lion's Park

**16:** Cooking Class: all ingredients provided, meet at center

**17:** UTA training at the center in preparation for trip to I-Fly

**22:** Trip to I-fly on frontrunner, meet at center at 8:30

**23:** Mini- golf trip: Meet in Orem 12:30 or RSVP for transport

**24:** All materials provided, meet at center

**28-30:** Meet at center for resume/ job skills, and presenters from different organizations

# YOUTH PROGRAM



## MAY 2021

Tuesday	Wednesday	Thursday
4 STAR WARS ACTIVITY May the 4th be with you	5	6 Exercise Class
11	12 Writing Class	13 Just Dance and Sing
18 Business vs. Casual	19	20 Outdoor Activity
25	26 Laundry Class	27 Restaurant zoom activi-

Keep an eye out for the Summer Program application. Due to on-going COVID-19 restrictions we will be taking the first 15 applications.

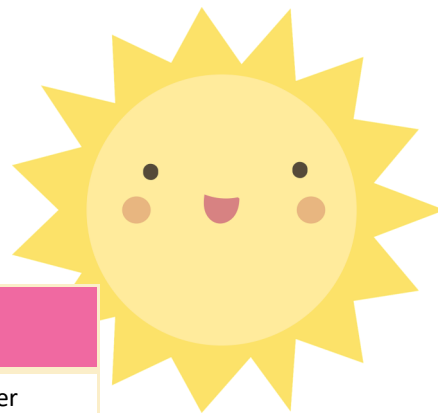
After that we will have a limited waitlist if any spaces open up.

### YOUTH COORDINATOR

Taylor Peck

Office: (801) 850-5565

Cell: (385) 375-1370




Tuesday	Wednesday	Thursday	Friday
1 Summer Program Kick-off @ Lion's Park	2	3 Shopping trip to Deseret Industries Thrift Store	4 Tie-Dye Summer Program Shirts
8	9	10	11
15 Park Clean Up	16	17 Hogle Zoo Trip	18 UTA Training
22	23	24 Tip to iFly- Ogden	25 Money Management





# JUAB & SANPETE

**May**

TUE	WED	THUR
4 Please call to arrange a time for shopping days.	5 Shopping day at 8:30 AM	6 
11	12	13 Hogle Zoo at 8:00 AM
18 Shopping at 8:30 AM	19	20



## Hogle Zoo:

Lunch will be provided.

Transportation will be available. Please call a week ahead to RSVP as there is limited number of seats.

**June**

TUE	WED	THUR
1 Youth Program Begins	2 Shopping day at 8 AM	3 Youth program– Review Zoo jobs
8 Youth Program	9	10 Youth Program
15 Youth Program	16	17 Youth Program
22 Shopping	23 Shopping day at 8 AM	24 Youth Program
29 Youth Program	30	1 Youth Program

**Wendy Hansen**

**Office: (435) 283-4949**

**85 W. 100 N. Ephraim, UT  
84627**

**wendy@ability1stutah.org**

## Dates to keep in mind

### Summer, 2021:

### **Office Closures**

- Monday May 31<sup>st</sup> – Memorial day
- Monday July 5<sup>th</sup> – 4<sup>th</sup> of July Observance
- Friday July 23<sup>rd</sup> – 24<sup>th</sup> Observance

Ways you can support us:



1. Sign into **smile.amazon.com** using your Amazon credentials.
2. Go to "Your Account" at the top of the page and select "Your Amazon Smile".
3. Select "Change your Charity" to "Ability 1st Utah".

When you use **smile.amazon.com**, Amazon will donate 0.5% of eligible purchases to us! Go to **smile.amazon.com/about** for more information.



1. Go to **smithsfoodanddrug.com/inspire**
2. Sign into your account.
3. Enter our agency's number **(SX024)** and choose "Save" to link your account to our agency.

Now when you shop at Smith's, either in the store with your rewards card or online, they will donate 0.5% of your total purchase to our agency.

**Social Media**

Instagram: ability1stutah\_  
Facebook: Ability 1st Utah Twitter: @Ability1stUtah



Utah & Wasatch

**Sandra Curcio:** Director  
**Jhilma Miranda:** Supervisor- IL Coordinator  
**Deon Anderson:** IL Coordinator  
**Taylor peck:** IL Youth Coordinator  
**Madison Campbell:** IL Coordinator  
**Janine Culver:** TTW Coordinator  
**Shauna Parks:** Pre-ETS Specialist  
**Roy Gerber:** Pre-ETS Specialist  
**Divine Smith:** Pre-ETS Specialist  
**Darren Spencer:** Loan Bank/Driver  
**Kathy Tucker:** Loan Bank Equipment/ Driver  
**Shelly Pitchforth:** AT Coordinator  
**Cheryl Campbell:** Fiscal Officer  
**Angel Cortes:** Outreach/Marketing  
**Cinthia Valenciano:** Receptionist

Juab & Sanpete

**Wendy Hansen:** IL Coordinator  
**Craig Ezzell:** Pre-ETS Specialist

*Vision~*

To integrate, build, and strengthen abilities for all individuals with disabilities.

1455 West 820 North,  
Provo, Utah 84601  
Phone: 801-373-5044  
Fax: 801-373-5094  
www.ability1stutah.org

*Return Service Requested*

Promoting Independence for People with Disabilities

*Ability 1st Utah*